U.S. MARINE CORPS FORCES, PACIFIC
POST TRAUMATIC STRESS DISOR BRIEF

OIF/OEF

PTSD Recognition: What Are the Goals?

- 1) Increase awareness and knowledge of Combat Stress Reactions and PTSD

- 2) Reduce the stigma of Marines/Sailors seeking assistance for Combat Stress Reactions and PTSD

PTSD: What Is It?

- Normal Readjustment
  - –Everyone adjusts differently at their own pace
  - –Most will go through some difficulties the first few months upon return
    - Spouse/Significant other/Kids
    - Readjust to garrison work
  - –Although there will be some difficulties, serious problems do not usually occur

PTSD: What Is It?

- Abnormal Adjustments
  - –Readjustment takes longer than normal
  - –Produce serious consequences like NJP, spousal separation/abuse, alcohol problems, legal problems, dangerous behavior
- Abnormal adjustments range from temporary problems to serious mental health disorders
- These will be seen in each unit given human nature, deployment and

PTSD: Why Does It Matter?

- May not be temporary, and can last for months, even years if left untreated

- Lost work time, discipline problems, inability to complete tasks, troubled relationships, domestic violence, alcohol related incidents, etc.

- The Marine needs support from his/her command and from professionals to recover

PTSD: What Are The Signs?

- Depression

  –Feeling down, no longer enjoying things, poor sleep and appetite, low energy and activity, suicidal thoughts

- Anxiety

  –Worrying about multiple things, can’t control the worry, tense, on edge, poor sleep, poor concentration, irritable

PTSD: What Are The Signs?

- Avoidance/Numbness
  - –Don’t want to talk/do anything related to the trauma
  - –Lose emotions, concerns for others and future
- Increased Tension
  - –Irritable, Hyper startle, Hyper vigilance
- Alcohol Problems

PTSD: What Are The Signs?

- Aggressive Behavior
  - –Easily angered, smash something, punch a wall, slam a door, etc.
  - –Threaten someone with physical violence
  - –Get into a physical fight
  - –Has marital or girlfriend/boyfriend fights that get out of control

PTSD: What To Do When Recognized?

- ***One*** symptom is enough to seek or refer for help
- Make yourself available to your Marines
- Get help, or get the Marine/Sailor help

PTSD: What To Do When Recognized?

- Your Marines must know that ***it is okay to ask for assistance***. Seeking help will ***not*** affect their standing in the unit. It takes courage to seek help

PTSD: Where Do I Go For Help or Make a Referral?

- Marine Corps Community Services Counseling
- Chaplain Religious Enrichment Development Operation (CREDO)
- Chaplains
- Medical and Mental Health

PTSD: Where Do I Go For Help or Make a Referral?

MCCS HelpLine: Offers Advice and Support 24/7: 1-800-433-6868

Marine Corps Community Services: http://www.usmc-mccs.org

		MCBPendleton	29 Palms	LeJeune
MCCS	**Phone:**	**760-725-6692**	**760-830-6163**	**910-451-0176**
CREDO	**Phone:**	**760-725-4954**	**760-830-4989**	**910-450-1668**
Chaplains	**Phone:**	**760-725-6692**	**760-830-6304**	**910-451-8608**
	Duty:	**760-340-2253**	**760-830-2190**	**910-451-2414**
Counseling Services Branch				
	Phone:	**760-725-9051**	**760-830-6345**	**910-451-7286**

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		MCBHawaii	Okinawa
MCCS	**Phone:**	**808-257-7780 or 254-7500**	**645-2104/2106**
CREDO	**Phone:**	**808-257-1919**	**645-3046**
Chaplains	**Phone:**	**808-257-3552**	**622-1180**
	Duty:	**808-257-1824/7700**	
Counseling Services Branch			
	Phone:	**808-257-7780**	**645-**

Questions?